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Published in the interest of the people of Aberdeen Proving Ground

Post Shorts

Recycling schedule

The recycling pickup for Wednesday, Feb. 28, is plastic, glass and metal. Put items in blue bags and place them on

glass and metal. Put items in blue bags and place them on the curb.

Aberdeen Proving Ground Technology Expo 2001

There will be a one-day Information Technology Exposition held on Thursday, March 1 at the Top of the Bay Club Ballroom. The event will take place from 10 a.m. to 2 p.m. and is open to all personnel located at APG. Exhibitors will demonstrate the latest innovations. These is no fee to attend the event and complimentary refreshments will be served. For more information, call Janin Hardin at 1-800-878-294-0244 ,ext 244 or 301-206-2940 or e-mail Visit janin@fbcdb.com. www.fedpage.com/events for a listing of exhibitors.

Food drive for soldiers in need

Cub Scout Pack 924 and Boy Scout Troop 429 will hold a food drive to benefit Army Community Service. On Saturday, Feb. 24, grocery bags will be delivered to post quarters to be filled. Donations should include canned goods and non-perishables. The grocery bags will be picked up on Saturday, March 3, from 10 a.m. to 2 p.m For more information, call HHC 143rd Ordnance Battalion Staff Sgt. Jeffrey Mathis, assistant scout master, 410-273-1414.

Warrant Officer career briefings

The Army's Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will brief on opportunities to become a Warrant Officer March 12, 9:30 a.m. and 1:30 p.m. at the Aberdeen Proving Ground Post Theater.

More information can be found on the Internet at www.usarec.army.mil or by contacting Jessie Street, 410-306-2351, or Chief Warrant Officer Garett Smiley, U.S. Army Recruiting Command, at 1-800-223-3735, extension 60478 or e-mail garet.smiley@usarec.army.mil.

Flu shots

TRICARE beneficiaries who have not yet received the influenza vaccine may receive an inoculation through the

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ISSUE HIGHLIGHTS

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MRICD officer conducts

orchestra

APG honors top



Photo by SHEILA LITTLE

Aberdeen Proving Ground Servicemembers of the Year pose for a photo at the luncheon honoring the top servicemembers of APG for 2001. Pictured in the left row from front to back are, Spc. Joshua W. Vincill, Staff Sgt. Donald McCasland, Marine Sgt. Shawn Przygoda, Air Force Staff Sgt. Richard Worthington, and Air Force Tech. Sgt. Daniel Kwiatkowski. On the right are Staff Sgts. Christina H. Hays and Gustavo Diaz.

Servicemembers By Sheila Little APG News

Those fortunate enough to attend Aberdeen Proving Ground's 2001 Servicemembers of the Year recognition luncheon Feb. 7 at the Four Points Sheraton Hotel in Aberdeen, came away inspired and feeling proud. Inspired, after listening to presenters praise the servicemembers for their patriotism and willingness to do a difficult job and do it well, and proud, because servicemembers and those who work and live among them, know that for every one honored, there are more on the sidelines, equally deserving of recognition.

Commander of the U.S. Army Materiel Command, General John G. Coburn, attended the luncheon honoring the representatives from three branches of military service and presented each with an AMC four-star coin.

Stating it was "an honor" to attend the luncheon acknowledging the contributions of soldiers, Marines, and airmen, Coburn said, "You stand for all that is good, decent, and right about our country."

He added that all servicemembers and all branches can be relied on

to do what is sometimes a difficult job, and do it right.

"You've never failed us and never shall," said Coburn.

Maj. Gen. John C. Doesburg, commander of Aberdeen Proving Ground and the U.S. Army Soldier and Biological Chemical Command, said he enjoyed the opportunity to recognize "the best of the best," and congratulated all who participated in the Servicemembers of the Year competition.

"These are the leaders of the future, on point for their nation,"

See APG'S FINEST, page 4

CHPPM holds NCO induction ceremony

By Evelyn B. Riley CHPPM PAO

Since the earliest days of the Army, the noncommissioned officer has been recognized as one who instills discipline and order within a unit.

Baron Friedrich von Steuben, the U.S. Army's first drillmaster, wrote, "each sergeant and corporal will be answerable for the squad committed to his care. He must pay particular attention to their conduct in every respect."

In honor of the philosophy that has guided the NCO Corps for more than 200 years, the U.S. Army Center for Health Promotion and Preventive Medicine recently held a Noncommissioned Officer Induction Ceremony for its newly promoted NCOs.

During the ceremony, the inductees were charged to live the creed of the NCO. In return, they made a solemn promise to be models of professionalism, to complete the mission and to take care of their soldiers.

CHPPM Sgt. Maj. Brian Carter, and Sgt. 1st Class David Sikes, Headquarters Company first sergeant, made up the official party.

"This is a rite of passage," Carter said. "It is a ceremonial acknowledgement of the crossing of the line."

Carter told the inductees the ceremony signified a welcome into the corps by its members and

"an acceptance by you to become a leader."

He challenged them to "singly, individually, unquestioningly, unhesitatingly, stand in front of the ranks. You have left the led, and now must lead," Carter said.

The inductees were Sgts. David Guerra, John Doyle, Anthony Elmore and Jason Hendershot.

Sponsoring the inductees was Master Sgt. Luis Grillasca and Sgts. Diane Ormesher, Freddie Polite and Gloria Evans.

Ormesher also served as the program's narrator. She said the creed of the noncommissioned officer has served as "a guiding document for NCOs since its formal inception in 1973."

"The words of the creed inspire NCOs and serve as a compass," Ormesher said. "Today, our newest NCOs affirm their commitment to the professionalism of our corps and become a part of the

backbone of the Army."

To symbolize the induction, each inductee read a portion of the NCO creed aloud then signed it, signifying their commitment to the creed and the acceptance of the charge. Carter also signed, signifying his commitment to mentor, guide and develop the

Each inductee received a copy of U.S. Army Training Circular 22-6, The Army Noncommissioned Officer Guide, and a certificate of sergeant and corporal responsibilities.

Recital mixes classics, modern music for music lovers

By Yvonne Johnson

Music is an art that has its own moods and passions and relays them to us through an endless abundance of notes, rhythms and personal interpretations. Very often music conjures up images in the mind that perhaps, while not in sync with the composer's intent, are no less entertaining.

Those in attendance at the 389th Army Band (AMC's Own) Annual Solo and Ensemble Recital held Feb. 15 in the band's practice facility, were able to enjoy a choice sampling of the art's spectacular appeal

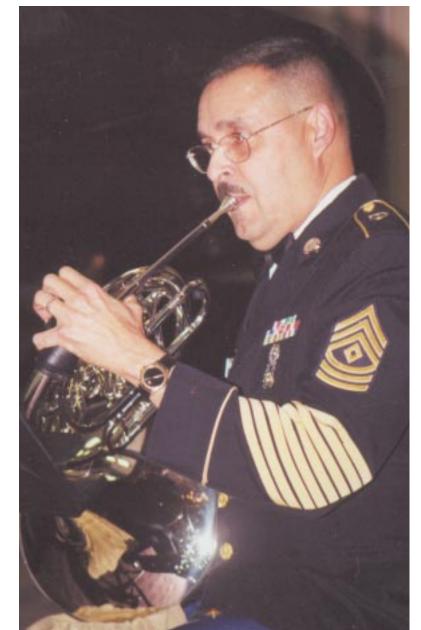
Under the leadership of band director, Chief Warrant Officer Jerry Standridge, this year's performers provided an engaging mix of the classics with 20th century modernism, a pleasing repertoire of songs that elicited enthusiastic praise from all in attendance.

The first performer, Staff Sgt. Robert Dietz, presented his interpretation of Scott Joplin's "Maple Leaf Rag" on guitar.

"One of the earliest African American composers to gain worldwide popularity, Joplin was known as the 'King of Ragtime,'" said Linda Standridge, the show's narrator.

Introducing Dietz, she added that the song, "named after a club where he played in the late 1890s, is probably Joplin's most well-known composition."

A whimsical tune, Dietz's **See RECITAL**, page 13



Photos by STAFF SGT. TIM DISHONG

Above, 1st Sgt. Enrique Alcaraz-Lopez plays the French horn while performing Carl Reinecke's "Trio in A Minor," during the 389th Army Band (AMC's Own) Solo and Ensemble Recital. Below, four hungry percussionists take out their frustrations on the table as they perform Manfred Menke's "Eine Kleine Tiechenseit" (A Little Telde Music)

The Noncommissioned Officer Creed

inductees.

No one is more professional than I am. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time-honored corps, which is known as "The Backbone of the Army."

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind - accomplishment of my mission and the welfare of my soldiers. I will strive to remain tactically and technically proficient.

I am aware of my role as a Noncommissioned Officer.

I will fulfill my responsibilities inherent in that role.

All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers and subordinates alike.

I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

See RECITAL, page 13 Tischmusik" (A Little Table Music).

Post Shorts

SHORTS, from front page

Immunization Clinic at Kirk U.S. Army Health Clinic, Monday through Friday, 8 to 11 a.m. Call the clinic, 410-278-1746, for additional hours and more information.

The Occupational Health Clinic is no longer offering flu shots to civilian employees not covered by TRICARE. Civilians wishing an inoculation against the virus are urged to call the Harford County Health Department, 410-638-8459, or their private physician, for more information

Drive the winter blues away - volunteer today!

If the winter blues have you down, you need something to do or want to meet new people, have some fun and learn new skills, the Aberdeen Proving Ground Education Center is looking for you.

Both the Aberdeen and Edgewood area education centers are looking for volunteer receptionists to help with the day-to-day office operations. Some duties include directing phone calls, filing, providing general information to visitors and assisting with special projects.

All of the volunteer hours accumulated, training received and skills acquired are documented and can be used to advantage when filling out future job applications.

Anyone interested in learning more about these positions should contact Dori Lawton, education specialist at 410-278-3515 or Alice Surette, volunteer coordinator at 410-278-5469.

APG new employee orientation

The Aberdeen Proving Ground Newcomer Orientation will be held at the Aberdeen Area Recreation Center, building 3326, on Feb. 28 from 1 to 3 p.m. All military and civilian personnel, retirees and their family members are invited to attend.

Representatives of support agencies and organizations will be present to discuss their activities. New employees are invited to visit display tables featuring information about community services and activities.

For more information contact Marilyn Howard, relocation manager, Army Community Service, Directorate of Information Management, at 410-278-3137/4372.

USO-METRO and **JETS** co-host job fair

The USO of Metropolitan Washington and the Joint Employment Transition Services will co-host a Job Fair on Friday, Feb. 23, from 10 a.m. until 2 p.m. at Spates Hall, NCO Club, Ft. Myer, Va.

More than 60 companies with full or part-time positions have been invited. Job seekers can talk to representatives from high tech corporations, law enforcement agencies, security companies, temporary agencies and financial service companies, among others. The fair is free and open to all members of the armed services, their family members, retired military and Department of Defense and Coast Guard civilian personnel.

JETS and USO-Metro work together to produce quarterly job fairs. JETS is a consolidation of the Army, Navy, Marine and Air Force Transition Services formed to provide employment information to transitioning service members and their families. The USO of Metropolitan Washington provides social services for the 300,000 military personnel and family members stationed in the greater Washington metropolitan area. USO-Metro is a nonprofit 501(c)(3) organization and receives no federal, state or local funding.

For more information, contact Dale Jovero or Dawn Ruth at 703-696-2552.

MCSC offers scholarships

The Aberdeen Area Military and Civilian Spouses Club is currently accepting applications for scholarship money. Applicants must be spouses or children of military members (active duty, retired, or reserve). Applications are available on Aberdeen Proving Ground at the Post Office, library, Thrift Shop, and Education Center. They are also available at Harford Community College and local high schools. The deadline for applying is March 15. For more information, contact Tannia Ross at 410-297-4972.

MCSC has funds for charities, organizations

The Aberdeen Area Military and Civilian Spouses' Club will donate funds to organizations and charities this spring. Groups interested in placing a request for funds should do so in writing. Requests should include name of organization requesting funds, the manner in which the funds will be used, list of other fund raising efforts, and a contact person for the organization (name, address and telephone number). Requests must be postmarked by April 2. Submit requests to the Military and Civilian Spouses' Club, P.O. Box 752, Aberdeen Proving

Ground, MD 21005. For more information call MCSC at 410-273-9663.

Black History Month luncheon

The U.S. Army Medical Research Institute of Chemical Defense is sponsoring a Black Employment Program, to celebrate Black History Month on Feb. 21 at Top of the Bay. Guest speaker Allan T. Morris, an engineer at NASA Langley Research Center, will speak on "Creating

and Defining the African American Community, Family, Church and Politics." Lunch is scheduled to begin at 11:30 a.m. Tickets cost \$9 and must be purchased in advance before Feb. 14, by contacting Helen Wells at 410-436-2455, Carleen Jackson at 410-436-2463, Sgt. James Mitchell at 410-436-3606, Robin Burch at 410-436-4865 or Darlene Johnson at 410-436-2461.

EAOWC to donate funds

The Edgewood Area Officers' Wives Club will donate funds to services and charities this spring. If your group or organization is interested in receiving a donation, submit a request in writing by March 15 to: Susan Burnett, EAOWC Services and Charities, 3 Plumb Point Loop, APG, MD 21005. Be as specific as possible in stating the purpose for which the funds will be used. Also, include the name, title, address and phone number of a contact person.

Scholarships offered by EA Officers' Wives Club

The Edgewood Area Officers' Wives Club will administer a \$1,000 scholarship on behalf of the United Services Planning Association and Independent Research Agency Educational Foundation. Additional scholarships will be offered as funds allow.

Applicants must be a high school senior or college student and the child or spouse of an active duty, retired or deceased servicemember who will attend college during the 2001-2002 school year. Reserve and National Guard members are not currently eligible. Applications may be obtained at all Harford County high school guidance offices, the Edgewood Area Thrift Shop and the EA branch library. Completed applications must be received by March 14.

(The Aberdeen Area Military and Civilian Spouses Club is also administering USPA and IRA scholarships using identical forms. Students can apply for both scholarships, but may win only one of the two.)

Restoration Advisory Board meeting

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting on Thursday, Feb. 22, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topic will be the O-Field study area. Meetings are open to the public; all Aberdeen Proving Ground employees and citizens are invited. For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

Summer program has openings for first through ninth graders

The Aberdeen and Edgewood School Age and Middle School Services has summer openings for children who are presently enrolled in first through ninth grades. The program, June 19 through Aug. 18, Monday through Friday, 6:15 a.m. to 5:30 p.m., offers safe, fun-filled, developmental opportunities for your school age child, such as swimming, bowling and field trips. You may sign up for the weeks that fit your summer schedule.

Tuition fees are based on total family income and will be determined at the time of registration. Mark your calendar. Spaces are limited. Open registration will be on a first-come, first-served basis. Registration packets and appointments will be available at the Central Registration Office, building 2485, Monday through Friday, 7:30 a.m. to 4:30 p.m.

PLEASE NOTE THE FOLLOWING SCHEDULE:

March 19 to 23 is registration for single military and civilians, dual military and military with a working spouse. March 26 to 30 is registration for civilians with a working spouse. April 2 to 6 is registration for contractors and all other civilians and military personnel.

For questions or further information, call the Central Registration Office at 410-278-7479/7571.

Hispanic Employment Program Committee to meet March 20

The Hispanic Employment Program is seeking individuals, both military and civilian, to participate with their committee activities. There are many projects available to learn essential skills for furthering your career. The focus of the committee is to educate people about the Hispanic heritage and deal with employment issues. The next meeting will be held in Aberdeen, building 2043, Conference Room, on Tuesday, March 20, from 2 to 3 p.m.

For more information contact Joanne Holloway (Edgewood Area), 410-436-3628 or Cindy Sepulveda (Aberdeen Area) 410-278-1131.

Cultural diversity workshop

The Black Employment Program Committee will sponsor a Cultural Diversity Workshop on Monday, Feb. 26 at Top of the Bay. The workshop will be held in celebration of African American/Black History Month. Two sessions are planned: from 8 to 10 a.m. for managers and supervisors; all other employees can attend from 1:30 to 3:30 p.m. The workshop will be given by John Gray Associates, Inc., a Management Diversity Consulting Firm Specializing in the resolution of issues related to stereotyping, affirmative action, equal employment opportunity

and reduction of "socialisms."

This workshop is predicated upon top-level decision-makers and a cross-section of the organization being present. Participants will gain skills and awareness in managing diversity and working with personal prejudices and institutional practices that make differences difficult. The workshop is free and open to all civilians and military personnel.

For more information or to register, submit your name and telephone number to Penny White, Equal Employment Office, 410-278-7074 or Sgt. 1st Class Shelton Torbert, 410-278-1534 by noon, Thursday, Feb. 22. Seats are limited, so sign up early.

Submit AFAP suggestions today

APG community members are invited to submit suggestions on improving the quality of life at Aberdeen Proving Ground for consideration at the Army Family Action Plan, Symposium XVI.

Suggested topics include medical, dental, commissary, AAFES, housing, youth, education, employment, safety and relocation. Issues should answer the following questions: What is the problem? Why is it a problem? What is the solution?

Suggestions must include your name and telephone number and answer all three questions to be considered. Send them to building 324, First Floor, ATTN: Alice Surette or FAX 410-278-7011, by March 20. The symposium, intended to identify quality of life issues, will be

held April 10 through 12 at Top of the Bay.

Representatives from throughout APG will participate in one of four

Representatives from throughout APG will participate in one of four workgroups. A special youth work group will be held on April 11 to discuss issues that concern the youth in our community.

If you are interested in being a delegate or would like to find out more about the AFAP process, contact Alice Surette at 278-5469.

APG Red Cross blood drives

Give the gift of life - donate blood at any of the upcoming Red Cross blood drives at APG. Thursday, March 8, 10 a.m. to 2 p.m., Aberdeen Test Center, Ginger Loeschner, 410-278-2661; Monday, March 12, 5 to 9 p.m., 16th Ordnance Battalion, Command Sgt. Maj. Godofredo Posadas, 410-278-8595; Tuesday, March 13, 7:30 a.m. to 12:30 p.m., Edgewood Chapel, Larry Kaye, 410-278-2087; and Tuesday, March 20, 4 to 8 p.m., 143rd Ordnance Battalion, 1st Lt. Amanda Akers.

Learn the dangers of a high risk lifestyle

Does your personality and lifestyle leave you at high risk for ill health, injury, debt, family problems or even an early demise? To learn more, the Employee Assistance Program is sponsoring a lunchtime fourweek series, which includes classes on high-risk life styles, financial planning, performance nutrition and parenting. Classes will be conducted from 12 to 1 p.m. on Feb. 27 at the Army Community Service, building 2754, located behind the Housing Office. Classes in Edgewood will be held at the Chapel on Feb. 15, 22 and Mar. 1 and 8 from 12 to 1 p.m. Bring a brown bag lunch.

For more information, call Paul Papp or Emmanuel John at 410-278-7474/5319

Raffle tickets available for "Americana" Quilt

The Military and Civilian Spouses Club of APG is sponsoring a quilt raffle. The quilt is a queen size "Americana" quilt made by members of the MCSC. Raffle tickets are \$1 each or six tickets for \$5, and may be purchased at the Thrift Shop or by calling Diane Wilson, 410-297-8508. Drawing will be March 14. Proceeds benefit welfare and scholarship funds.

Tutors available at Aberdeen Area Youth Center

Wendy Haslup is available for tutoring every Tuesday and Thursday from 6 to 8 p.m. at the Aberdeen Youth Center. Call Monday through Friday to set up an appointment, 410-278-4995 or 410-278-9061. For more information about the tutoring program and other activities, contact the Aberdeen Youth Center at 410-278-4995.

Ordnance to be destroyed

APG's Directorate of Safety, Health and Environment, in conjunction with Aberdeen Test Center, is destroying unexploded ordnance at a remote area in the Aberdeen Area. The destruction does not include chemical warfare munition, and will be conducted on Fridays and Saturdays between 10 a.m. and 5 p.m. For more information, contact George Mercer, acting chief, APG Public Affairs Office, 410-278-1147 or 1-800-688-8705.

Within your reach!

Get answers about how the Army is safely eliminating the mustard agent stockpile stored at Aberdeen Proving Ground. Call or visit the Edgewood Chemical Stockpile Outreach Office located in the Woodbridge Station Shopping Center, 1011B Woodbridge Center Way, Edgewood, 410-676-6800. The office is open 8:30 a.m. to 5 p.m., Monday through Friday. Current information is also available at www-pmcd.apgea.army.mil.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5005, 410-278-1150. Printed circulation is 13,500.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM-P, APG, MD 21005-5005; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to editor@apg.army. mil. Deadline for copy is Thursday at noon for the following Thursday's paper.

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DET OF THE WEEK



Photo by YVONNE JOHNSON

This kitty needs a home

This hard to resist smoky-gray Calico with two-toned green and hazel eyes will warm to you instantly. Callie is friendly, sweet-tempered and will make a great companion. She and other cats and dogs are available for adoption at the Post Veterinary Facility. You do not have to be active-duty military to adopt a pet. For information, call 410-278-4604.

Expert dispels myth about depleted uranium

By Gary Sheftick Army News Service

WASHINGTON (Jan. 24) - Depleted uranium could not have caused leukemia in allied troops who served in Kosovo, according to a U.S. Army medical

Col. Eric Daxon, the DU consultant to the Army Surgeon General, was in Europe last week to convince NATO officials that there's no link between depleted uranium munitions and leukemia.

Daxon's briefing was given as Italy investigated claims that six of its peacekeepers died and 21 others became ill due to DU exposure in the Balkans. The European Union has also begun an investigation, according to reports. And some NATO nations have been considering a moratorium on depleted uranium munitions.

Daxon briefed the military medical chiefs from each of the NATO nations. He told them there's absolutely no evidence that dust from expended DU munitions causes cancer or any other health problems. He said 35 scientific studies back that up.

Daxon said the incidence of leukemia among Italian soldiers who served in the Balkans is no higher than the general population.

He also said leukemia has a two-year latent peri-

od. He explained that it takes two years for leukemia to develop after someone is exposed to the radiation of an atomic blast, and four to six years for the illness

It's been less than two years since the Kosovo air campaign. And DU is actually 40 percent less radioactive than uranium found in the natural environment, he said.

Daxon, who holds a doctorate in radiation hygiene from the University of Pittsburgh and a master's degree in nuclear engineering from the Massachusetts Institute of Technology, is making it his business to dispel myths about the dangers of depleted uranium.

He said the false link between DU and leukemia began with a report issued in Iraq two years ago.

"If you read the (Iraqi) report, it's just not scientifically valid," Daxon said. He pointed to studies by the National Academy of Sciences that show no evidence of an increase in leukemia due to uranium exposure. Other studies show the incidence of leukemia in soldiers deployed to the Gulf is actually the same as those not deployed, he said.

But the Iraqi report has been cited by some to try and link DU ammunitions used in Kosovo to leukemia in allied soldiers there, Daxon said.

"Science just doesn't support it," Daxon said.

"I cannot understand from a scientific medical point of view what the furor is over this safe, effective material," he said. "It leads me to believe that this is a purposeful disinformation campaign."

Depleted uranium is used in armor-piercing munitions fired by tanks and some aircraft. It's also a component of the M-1 Abrams armor. The metal's density — one-and-a-half times the density of lead makes it an effective armor plating for combat vehicles. Also, DU reportedly has self-sharpening characteristics when used as a munition.

A small amount of depleted uranium dust is released from DU munitions when fired, Daxon said, and from M-1 armor when it is penetrated.

But only those in or near armored vehicles at the time they are struck may internalize DU in excess of safety standards, Daxon said.

Daxon said maintenance personnel who routinely work inside struck vehicles are advised to wear protective gear. But he added that the main reason they are advised to take precautions is because of all of the other toxic substances that might be present, such as Benzene and burnt plastics.

Daxon said there's no reason to be afraid of depleted uranium — unless you're the enemy.

"It's tactically a significant advantage," to use DU instead of tungsten in armor-piercing rounds, Daxon said. M-1 Abrams rounds with DU can effectively engage targets at 3,000 meters, he said, adding that Tungsten rounds fired by the Iraqis in the Gulf War were only effective at about 2,000 meters. (Tungsten is another heavy metal used in armor-piercing munitions, but it's lighter than depleted uranium.)

DU munitions provided the U.S. and coalition forces a significant advantage in the Gulf War 10 years ago, Daxon said. That may be why some groups are interested in stopping the use of depleted uranium rounds, he indicated.

"A lot of this misinformation...is the stringing together of true statements," Daxon said, explaining that the propaganda takes facts out of context and makes illogical conclusions.

"It's really starting to cause anxiety," Daxon said, adding that he met one veteran who was afraid to touch his wife and children.

"These misperceptions are actually hurting our soldiers and families," Daxon said. That's why he's making it his business to debunk the myths about DU health risks.

(Some information taken from earlier reports by Sgt. Jack Siemieniek and Linda Kozaryn.)

New serving option for Army Reservists

By Sheila Little APG News

Reservists located within a four-hour commute of the geographical region of the U.S. Soldier and Biological Chemical Command headquarters at Aberdeen Proving Ground are encouraged to apply for a position in the Army Reserve Unit for Consequence Management (ARU-CM).

The unit is being formed to respond to Department of Defense consequence management operations related to domestic and overseas incidents involving chemical, biological, radiological, nuclear and explosives elements.

The mission is to provide multi-disciplined U.S. Army Reserve consequence management expertise to support and, if required, mobilize with SBCCOM and State Department in response to a terrorist-related or other incident involving the release of CBRNE elements. The unit will be initially comprised of three full-time military support individuals from the U.S. Army Reserve

Active Guard Reserve program and 38 drilling reservists.

Each member is authorized a paid annual-training period of up to 29 days, with an additional 24 days of paid drill status.

An organizational meeting will be held March 1, at 8:30 a.m., in the conference room of Wing A of building 3549, the Berger Building, in the Edgewood Area of APG.

Those Army Reservists inter-

ested in joining the ARU-CM,

should send their military resume to Lt. Col. Carroll Lucas, operations officer for ARU-CM. Resumes will be accepted via facsimile transmittal, 410-436-9040, electronic carroll.lucas@sbccom.apgea.arm y.mil., or U.S. mail. Mailed resumes should be addressed to: Commanding General, U.S. Army Soldier and Biological Chemical Command, ATTN: ARU-CM (LTC Lucas), 5183 Blackhawk Road, APG, MD 21010-5424.

For further information, contact Lucas via e-mail address listed above, or call 410-436-6224.

Garrison DOIM prepares for **AUSA** winter svmposium

U.S. Materiel Army Command Chief of Staff Maj. Gen. Charles Cannon Jr. models the new Army beret in front of an exhibit designed by U.S. Army Garrison Aberdeen **Proving Ground Directorate** of Information Management's Public/Command Information Division. The exhibit, featuring individual soldier equipment, will be part of the Association of the United States Army Winter Symposium to be held in Florida later this month. The DOIM AMC Exhibits section creates more than 45 exhibits a year viewed by audiences worldwide.



Photo by MIKE REYNOLDS

AMC commander joins in recognizing APG's finest

APG'S FINEST, from front page

Doesburg said. "They represent their country and represent it well. There really are no losers."

The APG commander presented each Army servicemember with an Army Commendation Medal. Marine and Air Force honorees will receive Army Commendation medals pending approval from their service branch headquarters.

Brig. Gen. Dean R. Ertwine, commander of the U.S. Army Developmental Test Command, was among those who thanked sponsors for recognizing this year's outstanding soldiers, Marines, and airmen. Ertwine presented coins to the outstanding military members.

APG honored each with a plaque assembled by local Morale, Welfare and Recreation personnel, commendation medals from their commands, and military service rings donated by an outside sponsor.

Military leaders presented commander's coins, and other sponsors contributed uniforms, savings bonds, shopping sprees, dinners, hotel accommodations, medallions, coupons, and other gifts totaling approximately \$2,000.

A total of six coins were presented to APG's finest by commanders and command sergeants major.

The top servicemembers said they were excited to come out on top in competitions that proved to be challenging and tight.

Staff Sgt. Christina Hays, NCO of the Year, said she was "honored and very pleasantly surprised," by the recognition, and thanked Staff Sgt. Tony Hemphill for helping her prepare for the competition. She also thanked Sgt. Maj. Brian Carter, and Sgt. 1st. Class Jennifer Brown for their mentoring, her squad for inspiring her, and Col. James S. Little, director of CHPPM's Directorate Laboratory Sciences, for his vote of confidence.

"He said I'd win it, but I didn't believe it," she said.

Spec. Joshua Vincill, Soldier of the Year, thanked Staff Sgt. Steven Serisky, band member and former APG NCO of the Year, for helping him study. He also gave credit to friend, Sara Grassman and his mother, Deborah Gentry, for contributing to his success.

Staff Sgt. Diaz, Drill Sergeant of the Year, said the drill sergeant competition took place over two days. With a low score at the end of the first day, Diaz managed a stellar performance on day two, to

squeak by with a half point win. "I was really lucky," Diaz said, and added that his wife, Gisel was "very supportive." The family

See APG'S FINEST, page 5



Photos by RALPH BROTH

Gen. John G. Coburn, commander of the U.S. Army Materiel Command, presents a four star commander's coin to Staff Sgt. Donald McCasland, the Army's pick for APG Instructor of the Year. Coburn offered congratulations and presented coins to all of the APG winners. Below, retired Army Sgt. Maj. Samuel Gilliam, representing the APG Federal Credit Union, presents a savings bond to Air Force Staff Sgt. Richard Worthington. The credit union was one of many sponsors adding to the success of the event by making significant monetary and prize contributions in support of APG's Military Servicemembers of the Year.



Maj. Gen. John C. Doesburg, commander of APG and U.S. Army Soldier and Biological Chemical Command, pins an Army Commendation Medal on Staff Sqt. Gustavo Diaz, Drill Sergeant of the Year.



Honors and gifts presented to APG's top servicemembers

APG'S FINEST, from page 4

also includes daughters, Brianna, 5, and Brinissa, 3.

Diaz said he and fellow competitors studied and practiced for the competition together.

Staff Sgt. Donald McCasland, named Instructor of the Year, is in the midst of his first teaching assignment, a job that he finds challenging, but rewarding.

"I get satisfaction when I see graduate," students McCasland said.

He thanked his wife, Joanne, and son, Ian, for their support.

Marine NCO of the Year Sgt. Shawn Przygoda was quick to credit his family with helping him come out on top.

"I couldn't have done it without my wife, Amie," he said.

Air Force NCO of the Year, Staff Sgt. Richard Worthington, thanked Tech. Sgt. Mark Gegenbach, the 2000 NCO of the Year, and Kathy Clark for nominating him for an honor based on year-round performance. "Glad to be here," was how he described his feelings at the recognition luncheon. A resource advisor for the local detachment, Worthington thanked his wife, Stacy, and children, Haylie and Bradley for their support. Worthington said he was "really grateful to be nominated."

Air Force Instructor of the Year, Tech. Sgt. Daniel Kwiatkowski, is an OC&S aircraft metals technology instructor. Kwiatkowski said he was surprised to be singled out for the honor, as the competition was

Coming to APG as a novice instructor three years ago, Kwiatkowski said his initial supervisor at APG deserved a lot of credit.

"My first Instructor Supervisor, Master Sgt. John Siefer, did a lot to set me on the right track," he said. "I competed against professional and quality instructors.

Being named Air Force Instructor of the Year came as quite an honor."

The runner-up for APG NCO of the Year, Staff Sgt. Stephanie McGee, U.S. Army Developmental Test Command, and runner-up for Soldier of the Year, Spc. Adriennne Taylor, Kirk U.S. Army Health Clinic, were also recognized at the luncheon.

Among others offering congratulations and presenting commander's coins to the winners were Col. Kone Brugh II, assistant commandant of the U.S. Army Ordnance Center and Schools, representing Maj. Gen. Mitchell H. Stevenson, and William R. Chambers, representing Brig. Gen. Lester Martinez-Lopez of CHPPM.

Col. Robert J. Spidel, garrison commander and deputy installation commander, noted that promoting and recognizing top soldiers is "one of the best things we do," and spoke for luncheon attendees when he said it was a great honor to have "APG alumni" Coburn and AMC Command Sgt. Maj. Tyler Walker II, in attendance. Spidel thanked Command Sgt. Maj. Ronald Stallings and the other NCOs of the post for working together in conducting a successful and well-planned, wellattended luncheon.

"They did a great job," he said. Retired Army Sgt. Maj. Samuel Gilliam, on the board of directors for the APG Federal Credit Union, was visibly moved after making a presentation on behalf of that organization.

"This is a very proud moment for me," the 30-year Army veteran said as he congratulated the winners. "Seeing all these people here honoring you and your service is a wonderful thing," said Gilliam



Photo by RALPH BROTH

Maj. Gen. John C. Doesburg, installation commander and commander of the U. S. Army Soldier and Biological Chemical Command, presents a plaque to Marine NCO of the Year Sgt. Shawn Przygoda. All recognized servicemembers received personalized plaques commemorating their accomplishment from the installation. Top right, Doesburg makes a plaque presentation to Tech. Sgt. Daniel Kwiatkowski, noting his accomplishment as Air Force Instructor of the Year.

Top servicemembers of APG

Noncommissioned Officer of the Year

Staff Sgt. Christina H. Hays U.S. Army Center for Health Promotion and Preventive Medicine

Soldier of the Year

Spc. Joshua W. Vincill 389th Army Band, (AMC's Own)

Army Drill Sergeant of the Year

Staff Sgt. Gustavo Diaz U.S. Army Ordnance Center and Schools

Instructor of the Year

Staff Sgt. Donald McCasland U.S. Army Ordnance Center and Schools

Marine Corps Noncommissioned Officer of the Year

Sgt. Shawn Przygoda Marine Corps Detachment

Air Force Noncommissioned Officer of the Year

Staff Sgt. Richard M. Worthington 361st Training Squadron, Detachment 1

Air Force Instructor of the Year

Tech. Sgt. Daniel Kwiatkowski 361st Training Squadron, Detachment 1

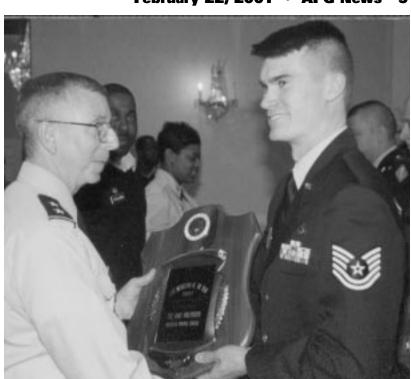


Photo by SHEILA LITTLE



Photo by RALPH BROTH

Col. Robert J. Spidel, center, garrison commander and deputy installation commander, congratulates runner up for Soldier of the Year, Spec. Adrienne Taylor, of Kirk U. S. Army Health Clinic. Command Sgt. Maj. Ronald Stallings, garrison command sergeant major, is on the left. Pictured in the background after being recognized for her achievement is the runner up for NCO of the Year, Staff Sgt. Stephanie McGee of the U. S. Army Developmental Test Command.

Sports & Fitness

Intramural basketball approaches final week

Playoff fever on the APG horizon

By Yvonne Johnson

If you've been waiting for the right time to take in a good basketball game, the wait is over, because the time is now.

With intramural basketball approaching its final week of the regular season, several teams are lined up for playoff positions. The top three teams from each division will advance to post-season play. The remaining games could determine how those teams are seeded in the playoffs.

Headquarters and Headquarters Company, 61st Ordnance Brigade is the likely champion of the Aberdeen Division.

It will be difficult to overthrow the 10-1 team that has dominated the division throughout the season, losing only once on Feb. 7 to Company C 16th, 49-47.

Close behind is the U.S. Marine Corps Detachment with a 9-3 record, the Noncommissioned Officer Academy at 7-3 and Company C 16th Ordnance Battalion at 9-4.

Still alive is Headquarters and Headquarters Company, 16th Ordnance Battalion in fifth place with an 8-6 record.

Key match ups for the remainder of the season include Company C 16th versus USMC on Feb. 27 and the March 5 double-header with HHC 61st versus USMC at 6:30 followed by NCOA versus HHC, 16th Ordnance Battalion at 7:30.

In the Edgewood Division, Company C, 143rd Ordnance Battalion, still undefeated with an 11-0 record, is the clear winner.

HHC 143rd, the defending champion at 8-3, is determined to repeat despite a probable second-place finish.

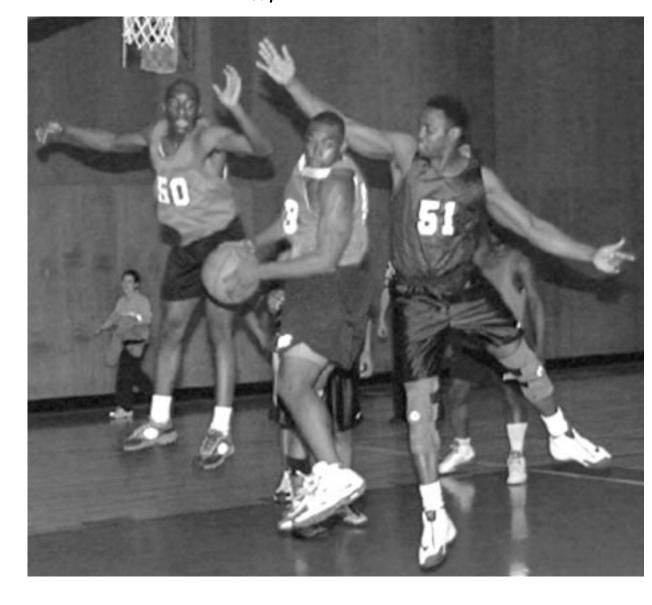
The battle for the third slot will be between Company A and Company B, 143rd Ordnance Battalion. Tied for third-place with 5-6 records, every game counts for these two contenders. Must-see basketball in the Edgewood Area is the March 5 finale between HHC and Company C 143rd at 6:30 and Company B 143rd versus Company A 143rd at 7:30 p.m.



Photos by YVONNE JOHNSON

Headquarters and Headquarters Company, 16th Ordnance Battalion's Gregory Dingle, 55, and David Hester, 20, try to contain NCOA's Jamie Sharper, 35, as he goes up for a pass during a Jan. 31 game in the Aberdeen Athletic Center. The two teams meet for the Aberdeen Division's regular season finale March 5, 7:30 p.m.

Company 143rd Ordnance Battalion's Earlie Brown, 50, and Berttran Tiller, 23, try to hold off Headquarters and Headquarters Company 143rd Ordnance Battalion's Mickey Sams, 51, during a Feb. 12 match up. Hoping for a third place finish in the Edgewood Division. Company A 143rd closes out the season against Company B 143rd, March 5, 7:30 p.m. in Hoyle Gym.



Basketball update

The following results were reported for intramural basketball for the week ending Feb.

Aberdeen Division results

Company C 16th, 67; KUSAHC,

Company E 16th, 66; HHC 16th, 60

Feb. 13 USMC, 52; KUSAHC, 40 NCOA, 42; Company A 16th, 33

HHC 61st, 60; Company E 16th,

USMC, 56; HHC 16th, 51 Feb. 15 KUSAHC, 58; Company A 16th,

NCOA vs. HHC 61st, rescheduled

Schedule

Feb. 26 6:30 p.m., Company A 16th vs. Company E 16th 7:30 p.m., HHC 61st vs. **KUSAHC**

Feb. 27 6:30 p.m., Company C 16th vs. USMC

7:30 p.m., NCOA vs. Company E 16th March 1

6:30 p.m., NCOA vs. Company

7:30 p.m., Company A 16th vs. HHC 61st

Standings

HHC 61st	10-1
USMC	9-3
NCOA	7-3
Company C 16th	9-4
HHC 16th	8-6
KUSAHC	6-8
Company E 16th	6-7
Company A 16th	3-10

Edgewood Division results Feb. 12

HHC 143rd, 56; Company A 143rd, 49 Company C 143rd, 68; 520th TAML, 56 Feb. 13 HHC 143rd, 47; Company B 143rd, 39 Feb. 14 HHC 143rd, 56; Company A 143rd, 55

Company C 143rd vs. 520th TAML, rescheduled

Schedule Feb. 26

6:30 p.m., HHC 143rd vs. Company B 143rd 7:30 p.m., 520th TAML vs. Company A 143rd Feb. 28 6:30 p.m., Company C 143rd vs. Company A 143rd 7:30 p.m., Company B 143rd vs. 520th TAML

Standings Company C 143rd 11-0 HHC 143rd 8-3

Company A 143rd 5-6 Company B 143rd 5-6 520th TAML 2-8

The week's high scorers

Aberdeen Division Feb. 12

KUSAHC, Jackson 12, Cosby 19 Company C 16th, Strong 18, Williams 12, Wilkins 10 Company E 16th, Givens 15, Schwartz 12 HHC 16th, Hester 19, Perez 18, Dingle 11, Feb. 13 USMC, Barfield 33 KUSAHC, Cosby 10, Thach 10 Company A 16th, Pratt 13 NCOA, McNear 15, Mills 12, Feb. 14 Company E 16th, Gibson 12, Gibbons 11, Schwartz 10 HHC 61st, Thompson 21,

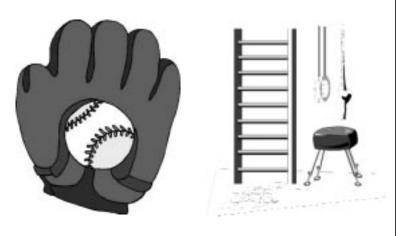
Thomas 17, Hewitt 13, HHC 16th, Caver 18, Perez 13, Hester 12 USMC, Barfield 27, Durbin 9 Feb. 15

Company A 16th, Pratt 20, Johnson 12, Williams 11 KUSAHC, Thach 19, Cosby 11, Jackson 10

Edgewood Division

Feb. 14 Company A 143rd, Allen 24, Green 15

2001 youth gymnastics/baseball/softball registration



Aberdeen and Edgewood Area Youth Services will conduct gymnastics, baseball, T-ball and softball registration during the months of February and March.

Registration will be available at the AA Youth Center, building 2522 on Feb. 22 and March 1 from 5 to 7 p.m., and at the EA Youth Center, building E-1902 on Feb. 27 from 5 to 7 p.m. Sorry, no registrations after March 1 will be accepted due to team entry deadlines.

Children can sign up for T-ball (ages 4 to 6), coach pitch (ages 7 to 8), kids pitch (ages 9 to 15), and softball (ages 9 to 18). Age is as of July 31, 2001. Registration fee is \$30 per child per sport; \$20 for Tball. Practice will begin the first week of April.

To register, all children need to bring a completed sports physical, Youth Services annual registration fee, baseball/softball/gymnastics registration fee and birth certificate or military identification.

Volunteer coaches are needed.

For more information, call Bill Kegley, 410-306-2297.

APGFCU teams up for financial training

By Stuart Clode APGFCU

There's nothing like a solid team to get a job done well. That's exactly what's happening with a new financial training program for the advanced individual training students of the 143rd Ordnance Battalion.

The partnership between the U.S. Army and the Aberdeen Proving Ground Federal Credit Union was started when Command Sgt. Maj. Sammy Brinson of the 143rd Ordnance Battalion met with Amy Carlson, manager of APGFCU's Aberdeen Branch, to discuss how the credit union could help with financial education of the AIT students.

Brinson immediately saw the benefit to his students and went to work with his first sergeants to establish the program.

1st Sgt. Michael Bennett, C Company, observed the first session and said, "The cred-

it union did a good job of specializing this information for our students. It was good training."

In this class, students learn about saving for the future, establishing and keeping a clean credit record, personal budgeting and checkbook balancing. All students of the 143rd receive the training early in their AIT course at APG. The classes are given every other Saturday morning at the Edgewood Conference Center.

Carlson, whose husband is a drill sergeant with C Company, said, "APGFCU always looks for opportunities to reach out to the military community. I know the workload placed on the drill sergeants, so this seemed like a natural partnership for both the battalion and the credit union." She emphasized that the credit union is giving "good sound advice" for the students and they are encouraged to shop for a financial institution that meets their needs as soldiers.

Staff at APGFCU volunteered to give the classes and the credit union now has 15 employees specially trained to conduct the sessions. The first class was well attended by 112 soldiers from Company A, B and C and was led by Dawn Bellmyer, Sara Cuculis and Amy Carlson of the credit union.

"We were overwhelmed and excited by the attendance," said Carlson. "The students were very interested in the topics and especially in how to receive a copy of their credit bureau report. They are thinking of their futures."

Organizations or units interested in a financial educational program can contact the APGFCU at 410-272-4000 and ask for Tina Ripken at ext. 2103 or Amy Carlson at ext.

Legal Assistance Office provides tax assistance

By Sandra K. Williams OSJA Client Services Division

If you need help in filing your income tax return, or want to file your return electronically for free, the Installation Tax Assistance Program can help.

The program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax assistance this year to qualifying military members, retirees and dependents.

A Taxpayer Assistance Center has been established in Wing 9, building 310, Second Floor, and is open Monday through Thursday, 8 a.m. to 4 p.m.

Military units have appointed unit tax advisors to assist military members with tax return preparation. The UTAs have been trained in federal and Maryland income tax return preparation. An examination at the end of the course certifies each UTA as a Volunteer Income Tax Assistant. Tax issues and returns beyond the scope of the VITA program will be referred to the Taxpayer Assistance Center or a paid tax preparer.

Military members who do not have a designated UTA and retirees and their family members may make an appointment for free tax assistance by calling the Taxpayer Assistance Center at 410-278-3397/2009/2020.

Military members who desire assistance in preparing and filing income tax returns should contact their 2001 appointed unit tax advisors listed below:

61st Ordnance Brigade, Headquarters and Headquarters Company, 1st Lt. Douglas R. Bransfield, 410-278-4944/2718.

Noncommissioned Officer Academy, Staff Sgt. Antoinette

Hines, 410-278-7575, Staff Sgt. Donald Starr, 410-278-5090, Sgt. 1st Class Bob Combe, 410-278-4108.

Ordnance Battalion, **16th** Headquarters and Headquarters Company, Sgt. 1st Class Joe Jefferson, 410-278-6025, Sgt. 1st Class Patrick Mcgrattan, 410-306-1518, Sgt. 1st Class Harry Anderson, 410-278-4422/0689, Sgt. 1st Class Troy Lewis, 410-278-7868/4404, Chief Warrant Officer Michael Trzeciak, 410-278-9886, Staff Sgt. Robert C. 410-278-0690, Lee, Spc. Charlotte Otorubio, 410-306-1549.

Ordnance Battalion, 16th Company A, 1st Lt. Sandra Wilks, 410-278-8732/5197, Staff Sgt. Donna Pope, 410-278-8732/5197.

16th Ordnance Battalion, Company B, 1st Lt. Sharmatrese Miles, 410-278-0393, Sgt. 1st Class Darryl Taylor, 410-278-5448.

16th Ordnance Battalion, Company C, Drill Sgt. Peter Grasser or Capt. Martin Griffith, 410-278-8579.

143rd Ordnance Battalion Headquarters and Headquarters Company, Staff Sgt. William J. Davidson, 410-436-8838/5333, 1st Lt. Jeffrey J. Middlebrooks, 410-436-1107, Staff Sgt. Carlton M. Parkhurst, 410-436-5318, Staff Sgt. Wilda M. Wilson, 410-278-2765, Staff Sgt. Albert L. Padilla 410-436-5339/5333.

143rd Ordnance Battalion, Company A, Staff Sgt. James Montgomery, 410-436-4439.

143rd Ordnance Battalion, Company B, 1st Lt. Philip Zuzolo or Sgt. 1st Class William Hadley, 410-436-4212.

389th Army Band (AMC's Own), Sgt. Janine M. Stillwell 410-436-8769.

520th Theater Army Medical **Laboratory, Staff Sgt. R. Thoms** 410-436-7266/6019.

U.S. Army Center for Health **Promotion and Preventive** Medicine, Sgt. David E. Guerra 410-436-8615.

U. S. Army Medical Research **Institute of Chemical Defense,** Capt. Lee Lefkowitz, 410-436-1358, Sgt. 1st Class Donna

Patterson, 410-436-1490. Kirk U.S. Army Health Clinic, Staff Sgt. George Torbert, 410-278-

U.S. Army Garrison, Head-quarters Support Troop, Sgt. 1st Class Anthony Buiano, 410-306-0563, Sgt. 1st Class Shelton Torbert, 410-

U.S. Army Research Laboratory, Maj. Stephen Trentanelli, 410-278-3782.

278-1534.

Headquarters, Developmental Test Command, Maj. Charles Carter, 410-278-1017.

U.S. Army Technical Escort Unit, Staff Sgt. Rhonda Marshall, 410-436-7211/9792

U.S. Marine Corps Detachment, Staff Sgt. Mark Slatton, 410-278-9261, Staff Sgt. Stanley Calixte, 410-278-2831, Staff Sgt. Todd Mason, 410-278-0606, Gunnery Sgt. Michael Looker, 410-278-9184.

U. S. Air Force Detachment, Tech Sgt. Darren Cashen, 410-278-8436.

Community Notes

FRIDAY FEBRUARY 23 COUNTRY DANCING

The Harford County Country/Western Dance Association sponsors Country Western dancing every Friday at the American Legion located on Parke Street in Aberdeen. Dancing will be held 7:30 to 11:30 p.m. The instructor will announce lessons. Everyone is welcome. Cost of admission is \$10 and includes draft beer, soda, chips and pretzels.

SUNDAY **FEBRUARY 25 BASKET BINGO**

Aberdeen Memorial VFW 10028, 821 Old Philadelphia Road (located behind Wal-Mart), will hold a Longaberger Basket Bingo at 2 p.m. Tickets cost \$10 in advance, \$12 at the door. For more information, call 410-838-1278 or 410-836-0524.

TUESDAY FEBRUARY 27 NATIONAL PRAYER LUNCHEON

The garrison Chaplain's Office is sponsoring a National Prayer Luncheon at 11:30 a.m. at Top of the Bay. The guest speaker is Chaplain (Brig. Gen.) David Hicks, deputy chief of chaplains, headquarters, Department of the Army. The suggested donation for the luncheon is \$5. Tickets and information can be obtained from the Post Chapel, building 2485, at 410-278-4333. Call to reserve your

PANCAKE DINNER

The Women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will host a pancake dinner at 4 p.m. The cost of the dinner is \$5 per person. The dinner will benefit the church's 93rd Annual Women's Day Program on March 25.

THURSDAY MARCH 1 AMC APPRAISAL FUNDRAISER

The Harford County Chapter of the national volunteer organization, AMC Cancer Research Center, Denver, will hold Appraisal Day, from 10 a.m. to 2 p.m., at Bel Air United Methodist Church, 21 Linwood Avenue. The entrance fee is \$3 plus a \$2 fee per appraised item. Limit six items per sitting. Pictures of items too large to carry will also be appraised. Licensed gemologists and appraisers will evaluate antiques, silver, jewelry, fine art and furniture. All proceeds will benefit the AMC Cancer Research Center and the Johns Hopkins Pediatric Oncology Center. For more information, call 410-838-7706.

SATURDAY MARCH 3 **WOMEN'S ARMY CORPS VETERANS ASSOCIATION MEETING**

The Women's Army Corps Veterans Association Maryland Free State Chapter 70 will hold their meeting at 10 a.m. at the Aberdeen Senior Citizen Center. All women of the Army, Army Reserve, Army National Guard who are active duty or retired or honorably discharged may join as members of our chapter or as members at large (this includes the women who served in the Women's Army Auxiliary Corps, the Women's Army Corps and the Army Nurses Corps). Women of the Navy, Marines, Air Force, and Coast Guard may join as associate members. For more information call Wanda Story at 410-272-5040 or check their web sites at www.wacva.com and www.armywomen.org.

EAOWC BASKET BINGO AND RAFFLE

The Edgewood Area Officers' Wives Club invites everyone to play Longaberger Basket Bingo at the Gunpowder Club. Doors will open at 6 p.m. and games will start at 7 p.m. All prizes will be Longaberger baskets. Advance tickets are \$10 and include admission, 20 games of bingo and door prizes. Refreshments will be available. To purchase tickets contact Karen Chambers at 410-676-9142. Attendance is limited so at-the-door- ticket sales are not quaranteed.

Three Longaberger baskets are also being raffled: the Oval Laundry Combo Basket, valued at \$198; the Large Mail Basket, valued at \$115 and the Small Wash Day Basket, valued at \$139. Tickets are \$1 or six for \$5. Raffle tickets are being sold at various locations on post, including the EAThrift Shop and the APG Post Exchange.

Contact any EA Officers' Wives Club board member or Karen Chambers at 410-676-9142. The drawing will be held on March 3.

All proceeds from this event will benefit local charities.

LONGABERGER BASKET BINGO

The Good Shepherd Catholic School located on 810 Aiken Ave., Perryville, will sponsor Longaberger Basket Bingo, 7 p.m. Doors open at 6 p.m. There will be a bake sale and drinks available. Cost is \$10 per ticket (three cards), and \$5 for additional sets of three cards. For tickets, call the Good Shepherd School at 410-642-6265, or Brenda Conjour, 410-273-7332. Proceeds benefit the Good Shepherd Catholic School.

MATCH BOX CARS

Nabisco Cookies will sponsor a non-powered Match Box car raceoff, from 10 a.m. - 4 p.m., at the Aberdeen Proving Ground Commissary. Children of commissary patrons, ages 5 to 12, are eligible to compete for prizes. The fastest time wins. Bring your own Match Box car or one will be loaned to you to use. Prizes include: first place, portable television; second place, DVD player; third place, Nilla Gorilla Animals; and fourth place, Honey Bee Stuffed Animals. For more information contact the commissary at 410-278-3926.

SUNDAY MARCH 4 **BASKET BINGO**

The Aberdeen Fire Hall, Rogers Street, will hold a Longaberger Basket bingo at 7 p.m. Tickets cost \$10 per ticket (three paper cards); extra cards are available at \$5 per set. Doors open at 6 p.m. There will be food, drinks and baked goods available. The fundraiser benefits the Water Witch Fire Company Ladies Auxiliary.

THURSDAY MARCH 15

UNDAY

USA WARRANT OFFICER ASSOCIATION MEETING

The Aberdeen/Edgewood Chapter of the United States Army Warrant Officer Association will hold its March meeting at 11:30 a.m. at Top of the Bay in the Gunpowder Room.

Please come and bring a fellow warrant officer. Lunch is available. For more information contact Chief Warrant Officers Pete Hill or Jane Jones at 410-278-4979.

MWR UPDATE

Edgewood Arts & Crafts is a Morale, Welfare Recreation facility and is open to active and retired military, civilians, and contractors working on Aberdeen Proving Ground and their dependents. We are located in building E-4440 next to the military police station near the troop store. Our hours of operation are Thursday 1 to 9 p.m., Friday and Saturday from 9 a.m. to 5 p.m. For more information call 410-436-2153 during listed hours.

WOODSHOP ORIENTATION

The woodshop will hold a safety orientation on Saturday, March 3 from 9:30 to 10:30 a.m. There is a \$3 user fee. This required class will introduce and familiarize patrons with the woodshop and equipment available.

CERAMIC CLASS

A basic ceramic class will be held on Saturday, March 10, from 10

a.m. to 1 p.m. This class teaches the basics of mold pouring, glazing, and painting. Ceramic projects range from beginning to advanced level, holiday decorations, decorative lamps, water fountains in a variety of styles, etc. Cost is \$7 plus supplies.

PORCELAIN DOLLS

A beginning porcelain doll class making a Sugar Britches doll will be held on Fridays, March 9, 16 and 23 from 9:30 a.m. to 12:30 p.m. Class size is limited. Pre registration is required. Cost is \$30 plus supplies.

STAINED GLASS

A beginning stained glass class will be held Saturday, March 17 from 9 a.m. to 2 p.m. Students will make a simple suncatcher using the copper foil method. Cost is \$25 and includes supplies.

FRAMING CLASS

A beginning matting and framing class will be held on March 29 from 5:30 to 9:30 p.m. Students must bring an 8 inch by 10 inch picture to class to frame and pre register in advance because class size is limited. Cost is \$15 plus supplies.

CUSTOM FRAMING

A professional picture framer is available to help with all of your framing needs. We frame photographs, diplomas, limited edition prints, posters, oil paintings or just about anything. There is a wide selection of mats and frames to choose from. Large or small pictures can be framed for your home or office. Visa or Master Card are accepted, including Government Visa Cards. We do quality work at reasonable prices.

Noted military artist Don Stivers is featuring his print signing of his latest work entitled "Service on the Line" in May, for Ordnance Week. To celebrate this special signing, the Arts and Crafts Center is offering \$10 off custom framing labor for any Don Stivers print, custom framed at the Arts and Crafts Center through June 30.

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

shoulder injury)

Ameneh M. Arasten (maternity) Fay Walker Banker (hip replacement) Marian Bellis (fracture of left Barbara Boyd (mother is ill) Bonnie Bromley (liver transplant) Daniel Brown (father has emphysema) Tammy Budkey Nancy Coleman-Jones (surgery) Tracy H Coliano-Hirsch (maternity) Geraldine S. Cragg Bonnie K. Day (surgery) William H. Davis (recovering from illness) Tricia Lin Dietz Fred Dill Surinder K. Dillon Joseph R. Dugan Messina Enderlein Wayne Erb (wife is ill) Willa Freisheim Penelope K. Galoff (maternity) Norman L. Greear Michael L. Hitchcock (surgery) Melanie A. Hoffman (parasinusitis, fibromyalgia condition) Stephen Howard (bone marrow transplant) Wayne A. Jaynes Evelyn K., Johnson (surgery) Carole Jones Marlin Julian (heart surgery) Jennifer Keetley (maternity) Beverly King (caring for

husband)

surgery)

William Klein

Yvonne Lissimore (knee

Angela R. Little (neck and

Rebecca G. Mercer-Leto (heart attack) Nicholas J. Lombardo, Jr. (heart attack) Stacy Miller (maternity) Mary V. Overstreet (twisted and sprained wrists and leas) Cecil Pennington (surgery) Debi L. Petosky (back surgery) Mary E. Pettiway Barbara Carol Remines (surgery) Michael Reynolds Janice M. Rice (assist ill mother) Boyd J. Richards (care of mother) Denise Robinson (maternity) Ricky Ross (heart attack) Tami C. Rowland (maternity) Allan Scarborough (back surgery) Ralph A. Scutti (care of daughter) Sherry Schaffer Lena Shelton John E. Smith Motoko Stahl Rachel Swearingen Ronald L. Taylor (chronic pulmonary disease) Frances L. Thomas Rosalind Walters Kenion (maternity) Cecelia Walton (respiration problems) Willie Williams Charles Young (kidney and pancreas transplant) Amber M. Vanakin (care of husband)

Josephine O. Wojiechowski

(care for elderly parents)

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877.

Movies

ADMISSION: ADULTS \$3 CHILDREN \$1.50

WHAT WOMEN WANT

Friday, Feb. 23, 7 p.m.

Starring: Mel Gibson, Helen Hunt

Nick gets a whole new outlook on life when a freak accident gives him the ability to read women's minds. In spite of his best efforts, he soon finds himself falling in love and ultimately understanding what women want. (Rated PG-13)

THIRTEEN DAYS

Saturday, Feb. 24, 7 p.m.

Starring: Kevin Costner, Bruce Greenwood

The film is set during the two-week Cuban missile crisis in October 1962, and it centers on how President John F. Kennedy, Attorney General Robert Kennedy, and others handled the explosive situation. (Rated PG-13)

WES CRAVEN PRESENTS: DRACULA 2000

Saturday, Feb. 24, 9 p.m (FREE)

Starring: Christopher Plummer, Jonny Lee Miller

Dracula, freed at last from a century in confinement, finds himself in a 21st century of chaos and temptation, of Virgin record stores and nightclubs, where he fits right in. His goal is to find a young woman to share his dark legacy. (Rated R)

LIBRARY UPDATE

The Garrison Library has new books for Black History Month. Come by either the Aberdeen Area Library or the Edgewood Area Branch Library and check out some books.

The African-American Century: How Black Americans have Shaped our Country by Henry Louis Gates

African American Teachers by Clinton Cox

The Black Soldier: 1492 to the Present by Catherine

A Call to Conscience: The Landmark Speeches of Dr. Martin Luther King, Jr.

Freedom's Daughters: The Unsung Heroines of the Civil Rights Movement from 1830 to 1970 by Lynne Olson

The Great Investment: Faith, Family and Finance by T. D.

The Haunting of Hip Hop by Bertice Berry

Malcolm X: The Last Speeches

The Aberdeen Area library, building 3320 on Aberdeen Boulevard, is open Monday through Wednesday, 11:30 a.m. to 7:30 p.m., and Saturday and Sunday, 1 to 5 p.m. The Edgewood Area library, building E-4405 on Austin Road, is open Wednesday and Thursday, 11:30 a.m. to 7:30 p.m., and Sunday, 1 to 5 p.m.

YOUTH SERVICES UPDATE

DRIVER'S EDUCATION OFFERED AT AA YOUTH CENTER

The next driver's education class starts March 13. Students must register/pay prior to 5 p.m. March 6 in order to attend. Course includes 30 hours of classroom instruction and six hours of actual driving.

To be eligible to register, individual must be 15 years and 4 months or older and a registered member or associate member of one of Aberdeen Proving Ground's youth centers. Member fee is \$240; associate member fee is \$245. A minimum of 12 people must be enrolled in order to offer the class.



Another course will be conducted in April. Registration closes March 30, 5 p.m. For more information, call 410-278-4995.

MARCH 1 DEADLINE APPROACHES FORYOUTH OF THE QUARTER NOMINATIONS

Aberdeen Proving Ground's Child and Youth Services Division, in cooperation with the Community and Family Support Center, the Department of the Army, the U.S. Army Material Command, and the Boys and Girls Clubs of America, is initiating the 'Youth of the Quarter' program at the Aberdeen Area and Edgewood Area youth centers.

The outstanding family members of military and civilian personnel who have demonstrated leadership and service in the home and family, APG community, school and youth center, and exemplify moral character in their daily lives will be chosen each quarter.

APG leaders and representatives from each youth center will select one teen from the APG Youth Center and one teen from the Edgewood Youth Center as the Youths of the Quarter. Winners of each quarter will then compete in the APG Youth of the Year competition tentatively scheduled for December each

To be eligible, participants must be a member of the Aberdeen Area or Edgewood Area Youth Center and either a freshmen, sophomore or junior in high school and maintain a "C" average or better.

For more information or to pick up your application, please visit your area youth center, or call Donna Woodards or Norma Warwick, Aberdeen Area Youth Center, 410-278-4995 or 410-306-4507, or for the Edgewood Youth Center contact Catherine Hanlon or Cardelia Lee or Carlos Phillips at 410-436-2862/2098.



Photo by YVONNE JOHNSON

Burger King Manager Jim Burdick, right, congratulates Pvt. Anthony D'Aquino, a student from the U.S. Army Ordnance Center and Schools' U.S. Marine Corps Detachment. D'Aquino won \$1,000 in Burger King's instant winner contest. The Santa Rosa, Calif., native said he plans to put all his winnings into a savings account.

Primary care manager by name

KUSAHC provides new enhancement for TRICARE Prime enrollees

By Janice Spellman

Kirk U.S. Army Health Clinic will be transitioning the week of Feb. 20 to 23 assigning TRICARE Prime enrollees to an individual primary care manager. The transition time will vary from one Military Treatment Facility to another. Assignment to a PCM will be done systematically, based on a generated batch program, that will identify the enrolled beneficiaries seen more than three times by a particular provider.

Assigning enrollees to an individual PCM is the first in a series of fundamental steps to enable physicians to provide higher quality managed health care. This includes wellness, health promotion, and other extended benefits available to our TRI-CARE Prime enrollees.

With this enhancement, Prime enrollees should only obtain primary care appointments at the site of their enrollment.

KUSAHC enrollees will receive a letter or postcard stating the change and the name of their assigned PCM. This correspondence will be sent within four to six weeks after the transition. If you do not receive a letter or postcard by April 2 and wish to know your assigned PCM, please contact the TRICARE Liaison Office at KUSAHC located on the third floor or call 410-278-1881.

In actuality, KUSAHC Prime enrollees will be assigned to a team of providers - General Medicine, Pediatrics, Adult Medicine and the Edgewood Clinic. These primary care teams will be organized for the purpose of ensuring care continuity in the event that the individual's assigned PCM is absent or unavailable due to deployment, illness, or other training or military requirements.

Prior to April 23, beneficiaries desiring to change their PCM may do so in the TLO at KUSAHC on the third floor. Keep in mind that assignment will be based on provider capacity. Any change in assignment after April 23 will require completing a change form and submitting it to Sierra Military Health Services.

Keep your heart healthy

Courtesy of Sierra Military Health Services and Optum

Keeping your heart strong and healthy is not complicated but it does take a little effort. Taking care of your heart can pay off in good health dividends for years to come.

Visit your doctor. Have regular checkups including blood pressure and cholesterol level readings, as appropriate for you. Talk to your doctor about any risk factors including illnesses, ongoing health conditions and family medical history. If you have health concerns such as diabetes, high blood pressure or high cholesterol, carefully follow your physician's instructions and keep him or her informed of any symptoms or changes.

Kick the smoking habit. Don't put it off any longer. Many serious health risks are associated with smoking, including heart disease and elevated blood pressure. Consider a smoking cessation program or talk to your doctor about aids such as nicotine gum or patches. Counseling or a support group may be helpful. Quitting smoking may not be easy, but your health - and life - depends on it.

Fuel up with good food. Eat foods that are low in fat, cholesterol and sodium. There are more low-fat foods available in the grocery store than ever. But remember that low in fat doesn't always mean low in calories, so read nutrition labels carefully. A diet high in fiber can lower cholesterol so be sure to include

foods such as whole grains and beans in your diet. Fruits and vegetables also can supply fiber, as well as many heart-healthy vitamins and minerals. If you drink alcoholic beverages, do so in moderation.

Keep your body moving. Exercise is important for a healthy heart but that doesn't mean you need to be a marathon runner. Aerobic exercise such as walking, bicycling or swimming is great for your heart. Choose an activity that is a good match to your fitness level and start slowly. Gradually work up to five days a week, 30 minutes a day. Before beginning any exercise or sports program, talk to your doctor.

Learn to manage stress and anger. Keeping life on an even keel is not always possible. However, you can make changes to the way you react to life's daily challenges. Use relaxation techniques such as deep breathing, gentle stretching or meditation. Look at your daily and long-term priorities. Are your expectations realistic? Do your best each day and let the rest go. Eating well and exercising can help make stress management easier. Make time for good health and good relationships - it will do your heart good.

Want to learn more about keeping your heart strong and healthy? Call OptumÆ to speak to a registered nurse any time, 24 hours every day at 1-800-308-3518.

March 1 deadline approaches for Youth of the Quarter nominations

By Ivan Paul Mehosky APG Youth Center

Aberdeen Proving Ground's Child and Youth Services Division, in cooperation with the Community and Family Support Center, the Department of the Army, the U.S. Army Material Command, and the Boys and Girls Clubs of America, is initiating the 'Youth of the Quarter' program at the Aberdeen Area and Edgewood Area youth centers.

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To be eligible, participants must be a member of the Aberdeen Area or Edgewood Area Youth Center and either a freshmen, sophomore or junior in high school and maintain a "C" average or better. Applications must be received at one of the youth centers by 5 p.m. on March 1 in order to be eligible for the current quarter.

For more information or to pick up your application, please visit your area youth center, or call Donna Woodards or Norma Warwick, Aberdeen Area Youth Center, 410-278-4995 or 410-306-4507, or for the Edgewood Youth Center contact Catherine Hanlon or Cardelia Lee or Carlos Phillips at 410-436-2862/2098.

Easter Bunny to make appearance at Easter brunch

The post's Sunday brunch series continues with Easter Brunch slated for April 15 at top of the Bay. The first seating will be held from 9:30 to 11:30 a.m.; the second seating is from 12:30 to 2:30 p.m. The late seating fills first, so make your reservations early.

The menu will include an omelet station, French toast, waffles, sausage, bacon, creamed beef with biscuits, home fries, grits, Danish, muffins, cereal, carved top round of beef and smoked ham, seafood creole, roast leg of lamb with peaches and mint jelly, pasta, potatoes and rice, vegetables, desserts, and beverages, including champagne and bloody Marys.

The Easter Bunny will give baskets to children. Cost is \$13.95 for adults, \$6.95 for children ages 6 to 11 and free for children under age 6. Price does not include gratuity. Make reservations by April 12. Advance payment with a major credit card will be accepted. For reservations, call 410-278-3062/2552.

Visuals, humor add levity to band performance

RECITAL, from front page

stylish rendition conjured up images of steamy southern charm. One could almost smell the dogwoods blossoms and feel the sway of the Mississippi.

Following Dietz was Sgt. Brian Reilly on trumpet. Reilly performed his own arrangement of two traditional Christian hymns, "How Great Thou Art," and "What a Friend We Have in Jesus."

Aided by a pre-recorded piano accompaniment, Reilly's rendition of "What a Friend We Have in Jesus" was reminiscent of the Big Band sound. The audience joined in clapping rhythmically to the snappy arrangement. On "How Great Thou Art," the piano accompaniment perfectly complimented Reilly's trumpet, delivering a soulful testimony of the triumph of praise.

Reilly said he grew up playing Christian music in church and that he chose the songs after having "moved away from it for a while."

A member of the First Assembly of God in Elkton, Md., Reilly added that he appreciates every opportunity to perform the music he knows best.

"I feel like God is leading me, bringing me back to my musical roots," he said.

After Reilly's performance, Staff Sgt. Stephen Stewart soothed the classic ear with one of Ludwig van Beethoven's most famous piano sonatas, "Piano Concerto No. 8 in C Minor," a passionate movement. Stewart, also a trumpeter, performed masterfully, swaying on the bench as his fingers danced through the vibrant composition that seemed to include all 88 keys.

Listeners were treated to Leonard Bernstein's "A Simple Song," performed beautifully by Sgt. David Martinez on trumpet and guest musician Col. Jonathan Newmark, from the U.S. Army Medical Research Institute of Chemical Defense on piano. The melodious tune took listeners on an imaginary stroll through a country park bursting with the newness of spring.

Bernstein had the "ability to combine popular music with classical music," Standridge said.

Its appeal to "audiences across America" was obvious as expressed in the ovation given by the evening's listeners.

Newmark also played piano in a rendition of German Romantic composer Carl Reinecke's "Trio in A minor, Opus 188, movements 2,3,4." 1st Sgt. Enrique Alcaraz-Lopez, on French horn and Sgt. Kira Wharton on oboe completed the trio.

In the first movement, a frol-

icking tune, it was easy to imagine red coats and horses passing by in a blur as a pack of hounds, well out in front, scrambled in pursuit of a slippery fox who, knowing it can outdistance them easily, leads a forceful pursuit over hill and stream for its own delight.

The second movement was more regal in nature. It seemed to serve as a prelude to an official ceremony, such as a coronation or a royal wedding.

The final movement was more carefree, perhaps telling of a bouncing ride in an open coach across the green meadows of Bavaria.

The trio, in near perfect synchronization, performed flawless-

The evening's final performers, the Wood Ensemble featured Dietz, Staff Sgts. Bob Davidson and Ernie Woodruff and Spcs. Devan Peters and Jon Zito.

Standridge hinted at what was to come.

"Percussion ensembles use a variety of instruments, and almost anything that can be struck, slammed, dropped, wacked, torn or otherwise to produce sound," she said.

With a firm departure from convention, the Wood Ensemble performed two songs using wooden blocks, wooden spoons and a

The 20th century works were delivered in 20th century style.

While four took up positions at the practice facility's four corners, Davidson stood in the center, in the midst of the audience.

With Davidson setting the tempo, the quintet performed "Music for Pieces of Wood" by American, Steve Reich, a noted minimalist composer.

The rhythmic song resembled the sound of a flock of harmonious woodpeckers, pecking out an early morning greeting in the high branches of a birch tree for-

The final piece was written by Manfred Amadeus Menke. Named "Eine Kleine Tischmusik" (A Little Table Music), the song was written for musicians to use wooden spoons on four tables.

Using a short skit to introduce the piece, Davidson, Woodruff, Peters and Zito played patrons in a restaurant while Dietz played the waiter. While awaiting their order, they pondered their hunger and began a spoon-clapping, tabletapping high-impact performance that was punctuated with shouts of "Meal time!"

Every child in the room was riveted. Most of them moved into the aisles for a better look at the 'table knockers.' All looked like they couldn't wait to mimic the



performance during their next

At the reception following the recital, Davidson said he was pleased with the audience's reac-

"Percussionists always try to add levity to a performance," Davidson said.

"Most of what we do is not melodic, so it helps to add visuals and a little humor."

Martinez, who performed the challenging Bernstein selection with Newmark, added that it also helps to have "a genuine love of what you're doing."

"It was a great piece of music actually written for voice and piano," Martinez said.

"It's always nice to come across a beautiful work that also challenges your abilities," he added. "I enjoyed the sound of it the first time I played it."

Wharton, who was joined by her husband, Max Wharton, a bassoonist with the U.S. Army Band (Pershing's Own), said she also was challenged by the range and genre of the selection.

"I usually do modern music but working with talented musicians like Col. Newmark and the first sergeant, you have to give more," Wharton said.

"Sometimes you surprise yourself."



Photos by STAFF SGT. TIM DISHONG



Above left, Sgt. Brian Reilly belts out an original version of the traditional hymn, "What A Friend We Have in Jesus." Reilly said his spiritual background prompted him to "return to his roots" for the annual program. Above, Sgt. David Martinez performs Leonard Bernstein's "A Simple Song." Left, using wooden spoons and a table, Sgt. Jon Zito pounds out the beat to "Eine Kleine Tischmusik" (A Little Table Music) by Manfred Menke.



Above, Staff Sgt. Stephen Stewart plays the first movement of Ludwig van Beethoven's "Piano Sonata No. 8 in C Minor." Right on guitar, Staff Sgt. Robert Dietz performs his interpretation of Scott Joplin's "Maple Leaf Rag."



Edgewood scientist conducts community orchestra



Newmark delivers classic performance

By Yvonne Johnson *APG News*

Col. Jonathan Newmark, a medical doctor and scientist with the U.S. Army Medical Research Institute of Chemical Defense, is well-known locally for his musical expertise on the piano. Recently, he extended his talents when he accepted an invitation to be a guest conductor for the Independence Sinfonia in a concert series coordinated by Pennsylvania State University's Abington Campus staff.

An accomplished musician who occasionally performs with the 389th Army Band (AMC's Own), Newmark said the concert was his first attempt at conducting a full orchestra.

"I had never conducted a full concert before, so I was careful to choose selections I was already familiar with," Newmark said.

Among the pieces he selected were "Romanian Dances for Small Orchestra" by Bela Bartok, "Suite in B Minor for Flute, Strings and Continuo" by Johann Sebastian Bach and "Serenade No. 1 for Orchestra, Opus 11" by Johannes Brahms.

With the audience and orchestra seated and ready, Newmark took center stage.

He proceeded to guide the orchestra smoothly from movement to movement with smartly timed gestures, often rising to his toes then back down again as the notes rose and fell.

By taking the time to pause before each piece to offer informational tidbits to the audience, Newmark ensured their appreciation of the selection.



Photo by YVONNE JOHNSON

Col. Jonathan Newmark, from the U.S. Army Medical Research Institute of Chemical Defense, conducts the Abington, Pa., community orchestra during the Independence Sinfonia, a concert held at Pennsylvania State University's Abington Campus as part of its Cultural Events series. Under Newmark's direction, the orchestra performed pieces by Bela Bartok, Johann Sebastian Bach and Johannes Brahms in the school's Sutherland Auditorium.

He explained how Bartok's Romanian Dances were arranged for a small orchestra in 1916, and how the serenade was written when Brahms was a virtually unknown 24-year old.

The audience applauded the myriad of sounds that fit so well with the quaint community surrounding the old campus.

Flutist Sue Ann Kahn, a freelance soloist and chamber musician and director of the Pre-College Division of Mannes College of Music in New York, was the featured performer.

Kahn said she has known

Newmark and admired his work for years.

"He's very thorough and devoted to the presentation of fine music. I knew he would do well," Kahn said.

Among the audience were Newmark's father and stepmother, Harold and Phyllis Newmark from Maplewood, N.J., and his sister, Robin Newmark from Livermore, Calif., who stopped over to see his concert enroute to South Carolina.

A violist, Robin Newmark said she was not surprised at her brother's successful outing. "I've played with him before in chamber recitals but I always enjoy hearing him," she said. "He does everything so well."

"The entire concert was very enjoyable," added 389th Army Band (AMC's Own) 1st Sgt. Enrique Alcaraz-Lopez, who drove up with his wife, Zaida.

"It's a source of pride for us to have someone like Newmark who can cross musical boundaries," Alcaraz-Lopez said.

Made up of musicians from the local community, many members of the orchestra, like Newmark, have been playing a long time and

hold jobs unrelated to their musical talents.

Bill Phillips, a software engi-

neer and a violinist in Newmark's orchestra, said he performs three to five times a year with a different conductor each time.

"He began rehearsing us in early January," Phillips said, adding that the musicians appreciated Newmark's "creative style."

"He insisted we learn the music instead of just playing through it," Phillips recalled. "He was very good for us."

Pennsylvania State
University's Abington Campus

sits near the end of a wooded road, about 25 miles from Philadelphia.

administration building, resembles a grand old mansion of a bygone era.

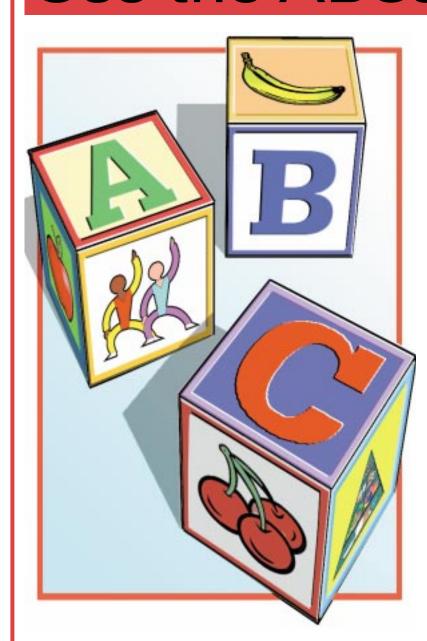
According to Stephen Stace, an

Sutherland Hall, the campus'

associate professor of music who has been with the school for 25 years, the campus was originally a school for women with its most famous alumna being Amelia Earheart.

Today, the building's Sutherland Auditorium plays host to numerous cultural arts programs held throughout the year.

Use the ABCs to build a healthy lifestyle



By Lt. Col. Joan Lyon

When was the last time you practiced your alphabet? Yes, the ABCs: Aim for fitness, Build a healthy base and Choose sensibly.

The 2001 National Nutrition Month slogan, "Food and Fitness: Build a Healthy Lifestyle," urges use of the Dietary Guidelines for Americans, 2000, to build a healthy lifestyle. While there are many ways to build a healthy lifestyle, experts agree that food and fitness are the foundation.

Some of the ways in which healthy food choices and physical fitness help to achieve your mental, physical, and emotional best include:

- Boost your energy level, strength and endurance
- Help build and maintain healthy bones, muscles and jointsImprove your physical performance
- Strengthen your mental stamina
- Improve your mood and attitude
- Enhance your appearanceReduce your risk of chronic disease
- The Dietary Guidelines for Americans, 2000 offers a variety of ideas and practical guidelines to help make healthy choices. The guideline excerpts listed are intended for healthy children (ages 2
- and older) and adults of any age.
 Aim for fitness that means aim for a healthy weight and be physically active every day.
 - A healthy weight is key to a long, healthy life.
- Over time, even a small decrease in calories eaten and a small increase in physical activity can keep you from gaining weight or help you lose weight.
- Engage in 30 minutes or more of moderate physical activity most, preferably all, days of the week. Make physical activity a regular part of your routine.
- Moderate physical activity is any activity that requires about as much energy as walking two miles in 30 minutes.
 Build a healthy base. Let the Food Guide Pyramid guide you so

that you get the vitamins, minerals, energy and other healthful sub-

stances from foods your body needs each day. Make grains (especially whole grains), fruits and vegetables the foundation of your meals. This forms a base for good nutrition and health.

- There are many healthful eating patterns. Different people like
- different foods and like to prepare the same foods in different ways.

 Since foods within the same food group differ in their array of nutrients and other healthful substances, choosing a variety helps you get all the nutrients and fiber you need. It can also keep your meals interesting from day to day.
- Also choose some low-fat dairy products and low-fat foods from the meat and beans group each day. It's fine to enjoy fats and sweets occasionally.
- Wash hands often; keep raw meats and ready-to-eat foods separate; cook to proper temperatures; and refrigerate promptly to
- Choose sensibly. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Choose beverages and foods that limit your intake of sugars. Choose and prepare foods with less salt
- Choose low-fat dairy products, cooked dried beans and peas, fish, and lean meats and poultry.
- Use the Nutrition Facts label on the container to help you choose foods lower in fat, saturated fat and cholesterol. Read the label to compare and help identify foods lower in sodium.
- Take care not to let foods high in sugar crowd out other foods you need to maintain health, such as low-fat milk or other good sources of calcium.
- Choose herbs or spices on foods like grilled or roasted entrees, baked potatoes, and salads to help you limit sodium intake.

Nutrition and fitness are synergistic. Practiced in combination, the two are more powerful than either practiced alone. Being physically active means you can eat a wider variety and larger quantity of healthy foods. In addition, healthy eating fuels physical activity across your lifetime.

Start today, use the food and fitness ABCs to build a healthy lifestyle.